

OCTOBER 2026 MENU

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
WGR= Whole Grain Rich.	 **All milk is low-fat 1%**		 **Juice is 100% Fruit**	**1** **B: Pancakes, watermelon, and milk** **L: Wgr Pasta w/ ground beef, and marinate sauce, green salad, apples, and milk** **PM Snack: Graham crackers, carrots, and apple juice**	**2** **B: Cheerios cereal, banana, and milk** **L: Wgr Hot dog, baked fries, watermelon, and milk** **PM Snack: Pretzels, carrots, and apple juice**	**3**
4	**5** **B: Kix Cereal, banana, and milk** **L: Baked chicken, rice w/ vegetables, watermelon, and milk** **PM Snack: Wgr wheat thins crackers, carrots, and apple juice**	**6** **B: Wgr toast w/ cream cheese, apples, and milk** **L: Ground Beef w/ vegetables, rice, cantaloupe, and milk** **PM Snack: Graham crackers, carrots, and apple juice**	**7** **B: Cheerios cereal, banana, and milk** **L: Wgr Pasta w/ ground beef, and marinate sauce, green salad, apples, and milk** **PM Snack: Yogurt, carrots, and apple juice**	**8** **B: Pancakes, watermelon, and milk** **L: wgr Hot dogs, baked fries, watermelon, and milk** **PM Snack: Pretzels, carrots, and apple juice**	**9** **B: kix Cereal, banana, and milk** **L: Wgr Grilled cheese sandwich, green salad, apples, and milk** **PM Snack: Goldfish crackers, carrots, and apple Juice**	**10**
11	**12** **B: Cheerios Cereal, banana, and milk** **L: Wgr quesadilla, green salad, cantaloupe, and milk.** **PM Snack: Ritz crackers, carrots, and apple juice**	**13** **B: Wgr toast w/ cream cheese, apples, and milk** **L: Teriyaki chicken, rice w/ vegetables, watermelon, and milk** **PM Snack: Yogurt, carrots, and apple juice**	**14** **B: Kix cereal, banana, and milk** **L: Chicken Soup w/vegetables, corn tortilla, apples, and milk.** **PM Snack: Wgr wheat thins crackers, carrots, and apple juice**	**15** **B: Pancakes, watermelon, and milk** **L: Wgr bean burrito green salad, cantaloupe, and milk** **PM Snack: Graham crackers, carrots, and apple juice**	**16** **B: Cheerios Cereal, banana, and milk** **L: Wgr Pasta w/ ground beef, marinate sauce, green salad, apples, and milk** **PM Snack: Goldfish crackers, carrots, and apple juice**	**17**
18	**19** **B: Kix Cereal, banana, and milk** **L: Wgr grilled cheese sandwich, green salad, watermelon, and milk.** **PM Snack: Ritz Crackers, carrots, and apple juice**	**20** **B: Wgr toast w/ cream cheese, apples, and milk** **L: Ground Beef w/ vegetables, rice, cantaloupe, and milk** **PM Snack: Yogurt, carrots, and apple juice**	**21** **B: Cheerios cereal, banana, and milk** **L: Baked chicken, rice w/ vegetables, apples, and milk** **PM Snack: Wgr wheat thins crackers, carrots, and apple juice**	**22** **B: Pancakes, watermelon, and milk** **L: Wgr quesadilla, green salad, apples, and milk** **PM Snack: Goldfish crackers, carrots, and apple juice**	**23** **B: Kix cereal, banana, and milk** **L: Wgr Hot dog, baked fries, cantaloupe, and milk** **PM Snack: Graham crackers, carrots, and apple juice**	**24**
25	**26** **B: Cheerios Cereal, banana, and milk** **L: Wgr quesadilla, green salad, watermelon, and milk** **PM Snack: Goldfish crackers, carrots, and apple juice**	**27** **B: Wgr toast w/ cream cheese, apples, and milk** **L: Ground Beef w/ vegetables, rice, apples, and milk** **PM Snack: Yogurt, carrots, and apple juice**	**28** **B: Kix cereal, banana, and milk** **L: Wgr Pasta w/ ground beef, marinate sauce, green salad, watermelon, and milk** **PM Snack: Pretzels, carrots, and apple juice**	**29** **B: Pancakes, apples, and milk** **L: Chicken Soup w/ vegetables, corn tortillas, watermelon, and milk.** **PM Snack: Wgr wheat thins crackers, carrots, and apple juice**	**30** **B: Cheerios Cereal, banana, and milk** **L: Wgr grilled cheese Sandwich, green salad, apples, and milk.** **PM Snack: Ritz Crackers, carrots, and apple juice**	**31** 